ABSTRACT OF THE DISCLOSURE

A notification system monitors changes in air flow channeled between a positive air pressure generator and a CPAP mask supplying positive airway pressure to a patient during treatment of sleep apnea. An air flow sensor and/or pressure sensor is positioned to monitor air flow channeled to the mask. When a sensor detects a significant change in air flow and/or air pressure, a detection signal is analyzed by a controller unit microprocessor for comparisons with a preselected operating range for air flow and/or pressure. Upon verification the air flow and/or pressure is not within the preselected range, a remote transmission is transmitted to an alarm means proximal of the patient. The alarm means directs at least one stimulus to the patient for alerting and waking the patient. The alarm stimulus includes audio and/or vibratory stimuli of sufficient intensity to alert the patient that mask adjustments are required for proper CPAP treatment.